

# KEEPING YOUR BRAIN HEALTHY AS YOU AGE

SPONSORED BY BRAIN INJURY ALIANCE NEW JERSEY

and

WEST MILFORD COMMUNITY SERVICES & RECREATION

## A Game of Jeopardy

The workshop is fun and interactive, designed as a jeopardy game, and is intended to educate seniors about healthy habits. The purpose of this workshop is to increase understanding of habits that affect brain health.

Topics that are covered:

Mental Health  
Staying Physically Active  
Healthy Eating  
Mental/Cognitive Stimulation  
Social Connection  
Substance Use/Smoking

**When: Tuesday, March 19, 2024**

**Where: West Milford Library (upstairs)**

**Time: 12:30 - 2:30 PM**

TO REGISTER:

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services & Recreation, then “**REGISTER HERE FOR PROGRAMS**”. Once you are in Community Pass look for “2024 SENIOR PROGRAMS”.

